This i	s a reminder that your 3-month shot	of Depo-Provera	This	is a reminder that your 3-month shot of	of Depo-Provera
Contr	aceptive Injection (medroxyprogeste	rone acetate injectable	Cont	raceptive Injection (medroxyprogester	rone acetate injectable
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suspe	nsion) is due on:		suspe	ension) is due on:	
You l	have 7 days after this date to get the s	hot before you are at	You	have 7 days after this date to get the s	hot before you are at
risk f	or pregnancy. If you need to schedu	le an appointment, need	risk t	for pregnancy. If you need to schedul	le an appointment, need
a new	birth control method, or have questi	ons, please call us.	a nev	w birth control method, or have question	ons, please call us.
	Auburn Public Health Center	(206) 296-8400		Auburn Public Health Center	(206) 296-8400
	20 Auburn Ave., Auburn, WA 98002 Columbia Public Health Center 4400-37th Ave. So., Seattle, WA 98118	(206) 296-4650		20 Auburn Ave., Auburn, WA 98002 Columbia Public Health Center 4400-37th Ave. So., Seattle, WA 98118	(206) 296-4650
	Downtown Public Health Center 2124-4th Ave., Seattle, WA 98121	(206) 296-4755		Downtown Public Health Center 2124-4th Ave., Seattle, WA 98121	(206) 296-4755
	Eastgate Public Health Center 14350 S.E. Eastgate Way, Bellevue, WA	(206) 296-4920 98007		Eastgate Public Health Center 14350 S.E. Eastgate Way, Bellevue, WA	(206) 296-4920 98007
	Federal Way Public Health Center 33431 13th Place So., Federal Way, WA	(206) 296-8410		Federal Way Public Health Center 33431 13th Place So., Federal Way, WA	(206) 296-8410
	Kent Public Health Center 1404 S. Central Ave. Suite #112, Kent, V	(206) 296-4500		Kent Public Health Center 1404 S. Central Ave. Suite #112, Kent, W	(206) 296-4500
	Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450		Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450
	North Public Health Center 10501 Meridian Ave. North, Seattle, WA	(206) 296-4765 98133		North Public Health Center 10501 Meridian Ave. North, Seattle, WA	(206) 296-4765 98133
	Northshore Public Health Center 10808 N.E. 145th Street, Bothell, WA 9	(206) 296-9787		Northshore Public Health Center 10808 N.E. 145th Street, Bothell, WA 98	(206) 296-9787
	Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056	(206) 296-4700		Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056	(206) 296-4700
П	White Center Public Health Center	(206) 296-4620	П	White Center Public Health Center	(206) 296-4620

Last updated: 1/17/02

10821-8th Ave. S.W., Seattle, WA 98146

10821-8th Ave. S.W., Seattle, WA 98146

Last updated: 1/17/02

Fold Line	Fold Line
Needs letter postage	Needs letter postage
TO:	TO:



Alonzo L. Plough, Ph.D., MPH, Director and Health Officer

Date:

DSHS
Forms and Publications Warehouse
P.O. Box 45816
Olympia WA 98504-5816
360-753-1528
360-664-0597 (FAX)

o Whom It May Concern:			
Please send us the following card	ds:		
Ve need Dome DSHS 22-276 (x) 10/98).	stic Violence Safe	ety Plan Pocket Guide Cards	
Please send to the address chec	ked below, Attenti	on:	·
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Downtown Public Health Center 2124-4 th Ave., Seattle, WA 98121	(206) 296-4755	☐ Eastgate Public Health Center 14350 SE Eastgate Way, Bellevue, WA	(206) 296-4920 98007
Federal Way Public Health Center 33431-13 th Place S., Federal Way, WA 9		☐ Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450
North Public Health Center 10501 Meridian Ave N., Seattle, WA 981	(206) 296-4765 33	□ Northshore Public Health Center 10808 NE 145 th ST., Bothell, WA 98011	
Renton Public Health Center 3001 NE 4 th , Renton, WA 98056	(206) 296-4700	☐ White Center Public Health Center 10821-8 th Ave. SW, Seattle, WA 98146	(206) 296-4620

Pap Reminder Card Example

A Reminder to Call Us		Postage
	Name and Address	
Date Exam Due:(month/ye	ar)	
It is time for your yearly women's he make your appointment. We look fo		
Spanish version available as sticker salud femenina. Por favor llamenos Esperamos poder verla pronto otra	r: Ya tiempo para su exan s el dia de hoy para hacerl	nen annual de
Public Health Seattle & King County HEALTHY PEOPLE. HEALTHY COMMUNITIES.	Return Address Clinic s	ticker

	sure d pressure checked once quently if it is high.		esterol esterol checked every 5 quently if it is high.	Weight Have your weight checked monthly								
Date	Blood Pressure	Date	Total Cholesterol	Date	Weight							
Ideal Levels:												
Blood Pressure	e – Less than 130/85	Cholesterol -	Less than 200	Body Mass Index	< 26							

	sure d pressure checked once quently if it is high.		esterol esterol checked every 5 quently if it is high.	Weight Have your weight checked monthly								
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Date	Blood Pressure	Date	Total Cholesterol	Date	Weight						
Ideal Levels:	•	•	•	•	•						
Blood Pressur	e – Less than 130/85	Cholesterol –	Less than 200	Body Mass Index	< 26						

Health Tips:	Clinic Names and Phon	ne
	Numbers:	PHSKC Preventative Health
 Do not use tobacco Limit alcohol use Eat at least 5 fruits or vegetables every day Get 8 hours of sleep Wear your seatbelt Get vigorous exercise at least 3 times a week 	Columbia Health Center (206) Downtown Health Center (206) Eastgate Health Center (206) Federal Way Health Center (206) Kent Health Center (206) Kent Teen Clinic (206) North Health Center (206) North Health Center (206) Renton Health Center (206)	296-8400 296-4755 296-4920 296-8410 296-4500 296-7450 296-7450 296-7450 296-765 296-765 296-7700 296-4620 Documentation Card Public Health Seattle & King County HEALTHY PEOPLE. HEALTHY COMMUNITIES. Last updated: 7/5/01
Report abuse or violenceUse condoms		

Health Tips:	Clinic Names and	Phone	
 Do not use tobacco Limit alcohol use Eat at least 5 fruits or vegetables every day Get 8 hours of sleep Wear your seatbelt Get vigorous exercise at least 3 times a week Report abuse or violence Use condoms 	Auburn Health Center Columbia Health Center Downtown Health Center Eastgate Health Center Federal Way Health Center Kent Health Center Kent Teen Clinic North Health Center Northshore Health Center Renton Health Center White Center Health Center	(206) 296-8400 (206) 296-4650 (206) 296-4755 (206) 296-4920 (206) 296-4900 (206) 296-4500 (206) 296-4765 (206) 296-4765 (206) 296-4700 (206) 296-4700 (206) 296-4700 (206) 296-4700	PHSKC Preventative Health Documentation Card Public Health Seattle & King County HEALTHY PEOPLE. HEALTHY COMMUNITIES. Last updated: 7/5/01

Health Tips:	Clinic Names and Numbers:	Phone	PHSKC Preventative Health
 Do not use tobacco Limit alcohol use Eat at least 5 fruits or vegetables every day Get 8 hours of sleep Wear your seatbelt Get vigorous exercise at least 3 times a week Report abuse or violence Use condoms 	Auburn Health Center Columbia Health Center Downtown Health Center Eastgate Health Center Federal Way Health Center Kent Health Center Kent Teen Clinic North Health Center Northshore Health Center Renton Health Center White Center Health Center	(206) 296-8400 (206) 296-4650 (206) 296-4755 (206) 296-4920 (206) 296-8410 (206) 296-4500 (206) 296-7450 (206) 296-4765 (206) 296-4765 (206) 296-4700 (206) 296-4700 (206) 296-4620	Documentation Card Public Health Seattle & King County HEALTHY PEOPLE. HEALTHY COMMUNITIES Last updated: 7/5/01

Basal Body Temperature Chart

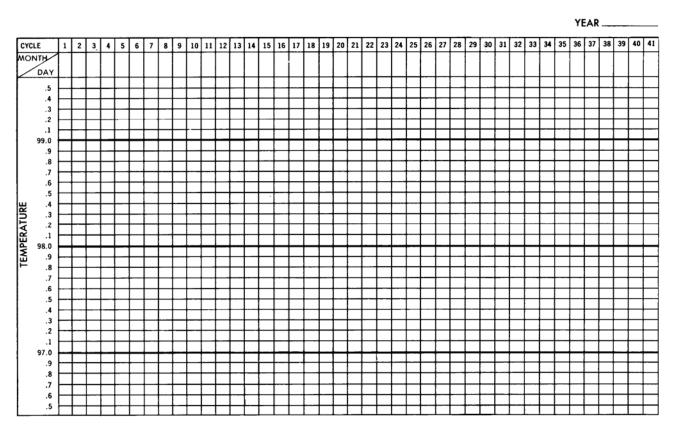
Basal temperature graphs are often helpful in determining <u>if</u> and <u>when</u> ovulation has occurred. In a normal ovulatory cycle, the basal temperature will be 1/2° to 1° higher during the second half of the cycle (post-ovulation) than it will be during the first half of the cycle (pre-ovulation). Ovulation occurs at the time of the shift from the lower temperature levels to the higher temperature levels. This is referred to as a "biphasic graph." If ovulation does not occur, a relatively flat graph is seen, without a definite temperature shift (monophasic graph).

Conception can only occur at or around the time of ovulation. Therefor, intercourse or abstinence should occur at this time, depending on whether pregnancy is desired during this cycle.

DON'T FORGET TO BRING YOUR TEMPERATURE CHART EACH TIME YOU VISIT THE DOCTOR

Directions:

- 1) A regular fever thermometer or special "metabolic" thermometer may be used.
- 2) Your temperature should be taken each morning at approximately the same time, immediately on awakening, before eating, talking, smoking, or arising.
- 3) The thermometer should be placed under your tongue, with the mouth closed, and left in place for <u>five minutes</u>, by the clock or when the electronic alarm sounds.
- 4) After you have taken your temperature, carefully record it on the graph by means of a dot under the appropriate day. Each daily dot should be joined to the previous day's dot by means of a straight line.
- 5) Start a new graph with each menstrual cycle. The first day of your menstrual flow is day "1" of the new cycle. Mark an "X" in the space for that day, and for each successive day that the flow continues. Your temperature need not be taken while you are having your menstrual period.
- 6) After your menstrual cycle has stopped, begin taking your temperature again, as described above.
- 7) In order to assist your provider in interpreting the graph, it is very important to make the following notations on the chart:
 - a) Circle the dot on the days that intercourse occurs and white "a.m." or "p.m." above the circle, as the case may be. Note any pain, vaginal bleeding or spotting, or any unusual vaginal discharge (some women can recognize ovulation by a twinge of lower abdominal pain on either side, by slight vaginal spotting, or a thin vaginal discharge).
 - b) Record any recognized causes for temperature changes, such as a cold, other illnesses, indigestion, alcoholic beverages, restless sleep, going to bed late, arising late, etc.
- 8) It is necessary to record your temperature for at least two or three cycles before the graph is of much value. There will be many variations in individual graphs, which can be best interpreted by your provider.



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- measure temperature after a minimum of 3 hours of sleep
 near ovulation, the cervix is soft and high as estrogen pulls the uterus up and mucus like egg whites = viscous, clear
 eggs live for 12 to 24 hours; and, if a 2nd ovulation happens, it will be within 24 hours of the 1st ovulation
- sperm can live for 5 days
- fertilization is therefore possible 5 days before ovulaiton and 2 days after

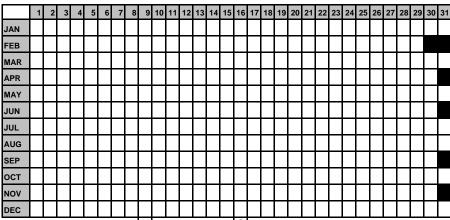
HEADACHE DIARY

	During	Time Began	Severity	_	hic and	Chemic		Descril	oe Location	1/	Medio	ation	Time End	led	Relief
Date	Menses?	(hour AM/PM)	(score)*	Physica	I Factors A	Exposu	re ^B	Тур	e of Pain		Taken,	Dosage	(hour AM/P	M)	(score)**
	☐ Yes ☐ No														
	☐ Yes ☐ No														
	☐ Yes ☐ No														
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Severity Sc							f Scale *	*							
1 2	3	4 5	6 7	8	9 10	'	2	3	4	5	6	7	8 9		10
None	N	Mild	Can't work	Wor	st, can't do anyth	ning Gettin	g worse		Same, uncha	anged		better		lotally	/ better
1 – Emotion 2 – Emotion 2 – Emotion 3 – Businon 4 – Businon 5 – Vacation 6 – Week 7 – Strenu 8 – Strenu 9 – High and 10 – Antion 11 – Serice	Psychic and Physical Factors 1 – Emotional upset (family or friends) 2 – Emotional upset (occupational) 3 – Business failure 4 – Business success 5 – Vacation days 6 – Weekend 7 – Strenuous exercise 8 – Strenuous labor 9 – High altitude location (flight) 10 – Anticipation anxiety 11 – Serious crisis 12 – Postcrisis period 13 – New job/position 14 – Moved/housing change 15 – Menstrual days 16 – Physical illness 17 – Oversleeping 18 – Weather 19 – Fasting 20 – Missing a meal 21 – Lack of sleep 22 – Studying 23 – Television/VCR >2 hours 24 – Other:						- Ripened - Herring - Chocola - Red vin - Fermen sour cr - Freshly - Nuts, p - Monoso	ate legar led foods (pleam, yogurt baked yeas eanut butter odium glutan broad beans	ickled or marir threads, cakes nate (Asian foc	S	M – Ba N – Poi O – Ca P – Avo Q – Sm R – Chi S – Wir T – Alci U – Bee	k ffeinated bevocado loked or cure cken livers ne bhol	verages (includi ed sausage, cur	_	

Bring this card to your clinic visits

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Bring this card to your clinic visits



Type of flow: Blood = X Spotting = S

Bring this card to your clinic visits

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Type of flow: Blood = X Spotting = S

Bring this card to your clinic visits

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Type of flow: Blood = X Spotting = S

Birth Control Pill Hints

DON'T STOP THE PILL, if you have spotting, bleeding, or no period. **TAKE ONE PILL** at the same time EVERYDAY even during your period.

FIRST TIME ONLY: Start taking the pills on day "1" of your period or the 1st Sunday of your period. Count the first day that you bleed as day "1".

WHEN STARTING THE PILL use a back-up contraception method like condoms for 7 days.

IF YOU FORGET one pill, take it as soon as you remember. Then take the pill for that day at the regular time.

IF YOU FORGET two pills, take two pills for two days and use back-up contraception method like condoms for 7 days.

Call for questions or to make an appointment:

Your PAP/Annua	al is due:	_										
Next Shot Due:												
/	//	/										
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Public Health Seattle & King County	CS 13.22.92	, 450-0496 8/04										
DON'T STOP THE period. TAKE ONE during your period. FIRST TIME ONL' period or the 1st Sunc bleed as day "1". WHEN STARTING method like condoms IF YOU FORGET of take the pill for that of IF YOU FORGET to back-up contraception	FIRST TIME ONLY: Start taking the pills on day "1" of your period or the 1st Sunday of your period. Count the first day that you											
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Next Shot Due:												



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Next Shot Due		
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Call for questions or to make an appointment:

Your PAP/Annual is due:									
Next Shot Due:									
/	/	//							
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PELVIC SYMPTOM DIARY

Date	During Menses?	Time Began (hour AM/PM)	Severity (score)*	Psychic and Physical Factor		Chemical xposure ^B		be Location/ be of Pain		dication n, Dosage	Time Ended (hour AM/PM)	Relief (score)**
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
	☐ Yes ☐ No											
Severity So	cale *					Relief Sca	e **					
1 2	3	4 5	6 7	8 9	10	1 2		4 5	5 6	7	8 9	10
None	N	Mild	Can't work	Worst, can't o	do anything	Getting wors	e	Same, unchang	ed	better	Total	lly better
1 – Emotic 2 – Emotic 3 – Feelin 4 – Busine 5 – Busine 6 – Vacati 7 – Consti 8 – Strent 9 – Sexua 10 – High 11 – Antic	A. Psychic and Physical Factors 1 - Emotional upset (family or friends) 2 - Emotional upset (occupational) 3 - Feeling depressed/blue/sad 4 - Business failure 5 - Business success 6 - Vacation or weekend days 7 - Constipation 8 - Strenuous exercise/work 9 - Sexual activity 10 - High altitude location (flight) 11 - Anticipation anxiety 12 - Alcohol or substance use 13 - Accident 14 - New job/position 15 - Moved/housing change 16 - Ovulation time 17 - Painful urination 18 - Oversleeping 19 - Weather 20 - Fasting 21 - Missing a meal 22 - Lack of sleep 23 - Studying 24 - Television/VCR >2 hours 25 - Other:							or pizza) pickled or marinate st breads, cakes mate (Asian food) ns	ed, sour	J – Coffee K – Caffeina L – Tea M – Wine N – Distilled O – Beer P – Cocaine Q - Ampheta R – Marijuan S – Other dra	alcohol (spirits) imine ia	

٧	oiding	Diary
Date:		

Updated: 7.7.05

Time	In	Out	Leak

Abnormal Pap Tracking Alert Slip (Xerox on pink paper, cut into four slips, put holes on top of each slip)

Last Updated: 8/2/01

This client is involved in PAP Follow-Up.

This client is involved in PAP Follow-Up.

Please check care plan and update current contact information with each visit

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Next April Due	Nort April Due
Next Appt Due	Next Appt Due
□ 1 year □ 6 months □ 3 months □ 1 month	□ 1 year □ 6 months □ 3 months □ 1 month
□ 2 weeks □ 1 week □□ 3 days □ 1-2 days	□ 2 weeks □ 1 week □□ 3 days □ 1-2 days
Type of Appt □ annual □ initial □ pap/pelvic □ method check □ infection check □ pregnancy test □ blood draw □ BP/OCP □ other medical □ EGW treatment □ IUD □ injection □ other:	Type of Appt □ annual □ initial □ pap/pelvic □ method check □ infection check □ pregnancy test □ blood draw □ BP/OCP □ other medical □ EGW treatment □ IUD □ injection □ other:
Length of Time Needed for Appt □ 10 min □ 20 min □ 30 min □ 40 min	Length of Time Needed for Appt □ 10 min □ 20 min □ 30 min □ 40 min
□ Interpreter: Language:	□ Interpreter: Language:
Provider	Provider
□ any available □ specific one:	□ any available □ specific one:
u overbook okay	overbook okay
U OVEIDOOK OKAY	- Overbook okay
Eligible for Take Charge □ No □ Yes	Eligible for Take Charge □ No □ Yes
Paperwork for Take Charge submitted □	Eligible for Take Charge No Yes
Taporwork for Take Onlings submitted	Linguisto for raike charge a rec a rec
Discharge Teaching Needed	Discharge Teaching Needed
□ OCP □ DMPA □ Lunelle □ ECP □ male condom	□ OCP □ DMPA □ Lunelle □ ECP □ male condom
□ Nuvaring □ Evra patch	□ Nuvaring □ Evra patch
□ female condom □ STD/HIV prevention	☐ female condom ☐ STD/HIV prevention
□ BUM for 2 weeks □ HCG in 4 weeks	□ BUM for 2 weeks □ HCG in 4 weeks
□ Tobacco Patch/Cessation □ ECRR	□ Tobacco Patch/Cessation □ ECRR
2 results rate rate rate rate rate rate rate rate	2 1050000 1 0.011/000000.1011
Contraceptive Prescription Dispensing	Contraceptive Prescription Dispensing
□ OCP brand: pack #	
□ DMPA □ Lunelle □ other:	□ OCP brand: pack # □ DMPA □ Lunelle □ other:
STAT Meds or Labs Needed	STAT Meds or Labs Needed
□ HCG □ Hct/Hgb □ UA □ other:	□ HCG □ Hct/Hgb □ UA □ other:
□ injection mg ceftriaxone or:	□ injection mg ceftriaxone or:
□ 1 gram azithro sachet	□ 1 gram azithro sachet
□ ECP	□ EČP
□ See provider before client leaves	□ See provider before client leaves
☐ Auburn Public Health Center 20 Auburn Ave., Auburn, WA 98002 (206) 296-8400	Auburn Public Health Center 20 Auburn Ave., Auburn, WA 98002
☐ Columbia Public Health Center 4400-37 th Ave. So., Seattle, WA 98118	☐ Columbia Public Health Center 4400-37 th Ave. So., Seattle, WA 98118
☐ Downtown Public Health Center (206) 296-4755 2124-4 th Ave., Seattle, WA 98121	□ Downtown Public Health Center (206) 296-4755 2124-4 th Ave., Seattle, WA 98121
☐ Eastgate Public Health Center (206) 296-4920 14350 SE Eastgate Way, Bellevue, WA 98007	☐ Eastgate Public Health Center (206) 296-4920 14350 SE Eastgate Way, Bellevue, WA 98007
☐ Federal Way Public Health Center (206) 296-8410 33431-13 th Place S., Federal Way, WA 98003	☐ Federal Way Public Health Center (206) 296-8410 33431-13 th Place S., Federal Way, WA 98003
☐ Kent Teen Clinic (206) 296-7450 613 W. Gowe, Kent, WA 98032	☐ Kent Teen Clinic (206) 296-7450 613 W. Gowe, Kent, WA 98032
□ North Public Health Center (206) 296-4765	□ North Public Health Center (206) 296-4765
10501 Meridian Ave N., Seattle, WA 98133	10501 Meridian Ave N., Seattle, WA 98133
□ Northshore Public Health Center	□ Northshore Public Health Center
10808 NE 145 th ST., Bothell, WA 98011 ☐ Renton Public Health Center (206) 296-4700	10808 NE 145 th ST., Bothell, WA 98011 ☐ Renton Public Health Center (206) 296-4700
3001 NE 4 th , Renton, WA 98056	3001 NE 4 th , Renton, WA 98056 (206) 296-4700

☐ White Center Public Health Center 10821-8th Ave. SW, Seattle, WA 98146

(206) 296-4620

(206) 296-4620

☐ White Center Public Health Center 10821-8th Ave. SW, Seattle, WA 98146

THIS IS YOUR LAST PACK OF BIRTH CONTROL.

Please call <u>NOW</u> to make an appointment for more birth control and you also need:

- Blood Pressure Checked
- □ An Exam

a All Exam
□ Auburn Public Health Center
□ White Center Public Health Center(206) 296-4620

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Auburn Dublic Health Center (206) 206 9400
□ Auburn Public Health Center(206) 296-8400
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□ Downtown Public Health Center(206) 296-4920
□ Eastgate Public Health Center(206) 296-4920
☐ Federal Way Public Health Center(206) 296-8410
☐ Kent Teen Clinic(206) 296-7450
■ North Public Health Center(206) 296-4765
□ Northshore Public Health Center(206) 296-9787
☐ Renton Public Health Center(206) 296-4700
□ White Center Public Health Center(206) 296-4620

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□ Northshore Public Health Center(206) 296-9787
☐ Renton Public Health Center (206) 296-4700
□ White Center Public Health Center(206) 296-4620

Package Reminder Slip in English Last Updated: 03/05/03

ESTE ES SU ULTIMO PAQUETE DE MEDICAMENTO.

Por favor <u>llame ahora</u> para hacer una cita para mas medicamento y tambien necesita:

- Chequear su pression.
- Un examen anual.

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Renton Public Health Center
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□ Northshore Public Health Center(206) 296-9787
☐ Renton Public Health Center (206) 296-4700
□ White Center Public Health Center(206) 296-4620

Last Updated: 8/2/01

Post Cervical Dysplasia Follow-Up Cytology Alert Slip

(Xerox on pink paper, cut into four slips, put holes on top of each slip)

Treatment Type	Treatment Type
Treatment Date	Treatment Date
Pap every 6 months following treatment done	Pap every 6 months following treatment done
1. Date/Results	1. Date/Results
2. Date/Results	2. Date/Results
3. Date/Results	3. Date/Results
4. Date/Results	4. Date/Results
This client is involved in PAP Follow-Up.	This client is involved in PAP Follow-Up.
Please check care plan and update current contact information with each visit.	Please check care plan and update current contact information with each visit.
Treatment Type Treatment Date	Treatment Type Treatment Date
Pap every 6 months following treatment done	Pap every 6 months following treatment done
1. Date/Results	1. Date/Results
1. Date/Results	2. Date/Results
2. Date/Results 3. Date/Results	3. Date/Results

Please check care plan and update current contact information with each visit.

Please check care plan and update current contact information with each visit.



Da	te			
De	ear:			
Yo	u had a 🔲 pap test 🚨 colposcopy on			
Yo	ur result from that test was		.	
yo up	ese results indicate that you need either a repeat pur cervix. Abnormal pap testing can mean that you you may risk developing cervical cancer. Cervical ath. We are enclosing information on pap or cervicat).	are a	at risk for cervical cancer and if y er if untreated can lead to hyster	ou do not follow ectomy and or
PΙε	ease follow up, you need:			
We Pro	ease call us so we can make an appointment. We all hope to hear from you soon. Divider or contact person: St time to call:	re al		the telephone.
	Auburn Public Health Center (206) 296-8400 20 Auburn Ave., Auburn, WA 98002		Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450
	Columbia Public Health Center (206) 296-4650 4400-37th Ave. So., Seattle, WA 98118		North Public Health Center 10501 Meridian Ave. North, Seattle	(206) 296-4765 e, WA 98133
	Downtown Public Health Center (206) 296-4755 2124-4th Ave., Seattle, WA 98121		Northshore Public Health Cente 10808 N.E. 145th Street, Bothell,	
	Eastgate Public Health Center (206) 296-4920 14350 S.E. Eastgate Way, Bellevue, WA 98007		Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056	(206) 296-4700
	Federal Way Public Health Center (206) 296-8410 33431 13th Place So., Federal Way, WA 98003		White Center Public Health Ctr 10821-8th Ave. S.W., Seattle, WA	(206) 296-4620 98146
	Kent Public Health Center (206) 296-4500 1404 S. Central Ave. Suite #112, Kent, WA 98032			



Alonzo L. Plough, Ph.D., MPH, Director and Health Officer

Da	te:	
De	ar:	
Yo	ur test which was done on	has come back abnormal.
		s soon as possible. Please call the clinic for an (s) should also be treated. They may make an ther provider.
	You need further testing and evaluation treatment.	and you may have a condition which needs
	ISKC Clinic Staff	
<u> </u>	Auburn Public Health Center (206) 296-8400 20 Auburn Ave., Auburn, WA 98002	☐ Kent Teen Clinic (206) 296-7450 613 W. Gowe, Kent, WA 98032
	Columbia Public Health Center (206) 296-4650 4400-37th Ave. So., Seattle, WA 98118	North Public Health Center (206) 296-4765 10501 Meridian Ave. North, Seattle, WA 98133
	Downtown Public Health Center 2124-4th Ave., Seattle, WA 98121 (206) 296-4755	Northshore Public Health Center (206) 296-9787 10808 N.E. 145th Street, Bothell, WA 98011
	Eastgate Public Health Center (206) 296-4920 14350 S.E. Eastgate Way, Bellevue, WA 98007	Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056 (206) 296-4700
	Federal Way Public Health Center (206) 296-8410 33431 13th Place So., Federal Way, WA 98003	White Center Public Health Center (206) 296-4620 10821-8th Ave. S.W., Seattle, WA 98146
		Place Patient Sticker Here
Upda	ated 6.16.04	

Last Updated: 12/16/04



ä	Alonzo L. Plough, Ph.D., MPH, Director and Health Officer	
Da	nte:	
	Whom It May Concern: Was seen in our office today. May return to work/school. Recommend a return to work/school on	
	ovider: Iblic Health - Seattle & King County	
	Auburn Public Health Center 20 Auburn Ave., Auburn, WA 98002 Columbia Public Health Center 4400-37th Ave. So., Seattle, WA 98118 Downtown Public Health Center 2124-4th Ave., Seattle, WA 98121 Eastgate Public Health Center 14350 S.E. Eastgate Way, Bellevue, WA 98007 Federal Way Public Health Center 33431 13th Place So., Federal Way, WA 98003 Kent Teen Clinic (206) 296-8400 (206) 296-8410 (206) 296-7450	North Public Health Center (206) 296-4765 (206) 296-4765 (206) 296-4765 (206) 296-9787 (206) 296-9787 (206) 296-9787 (206) 296-9787 (206) 296-9787 (206) 296-4706 (206) 296-4706 (206) 296-4706 (206) 296-4706 (206) 296-4706 (206) 296-4626 (206) 296
		Chart Label



Da	ate			
De	ear:			
In be	ave you forgotten your Pap follow-up? This is enter to have an accurate Pap test, please dore fore your pelvic exam and Pap test. It is also beeks after your period has ended.	n't do	uche, use tampons or have s	ex for two days
PΙ	ease follow up, you need:			
tel Pr	ease call us so we can make an appointment. Ve phone. We hope to hear from you soon. ovider or contact person: est time to call:			
	Auburn Public Health Center (206) 296-8400 20 Auburn Ave., Auburn, WA 98002		Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450
	Columbia Public Health Center (206) 296-4650 4400-37th Ave. So., Seattle, WA 98118		North Public Health Center 10501 Meridian Ave. North, Seattle	` ,
	Downtown Public Health Center (206) 296-4755 2124-4th Ave., Seattle, WA 98121		Northshore Public Health Cente 10808 N.E. 145th Street, Bothell,	
	Eastgate Public Health Center (206) 296-4920 14350 S.E. Eastgate Way, Bellevue, WA 98007	□ρ	Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056	(206) 296-4700
	Federal Way Public Health Center (206) 296-8410 33431 13th Place So., Federal Way, WA 98003		White Center Public Health Cent 10821-8th Ave. S.W., Seattle, WA	` '
	Kent Public Health Center (206) 296-4500 1404 S. Central Ave. Suite #112, Kent, WA 98032			

Pap Reminder Letter Last Updated: 05/23/03



Alonzo L. Plough, Ph.D., MPH, Director and Health Officer

Da	nte:				
De	ear:				
Your test which was done on		has com	has come back and the results are enclosed.		
lf y	ou have questions about your results pleas	se call your	clinic below for a follow-up a	ppointment.	
Sir	ncerely,				
PF	ISKC Clinic Staff	_			
<u> </u>	Auburn Public Health Center 20 Auburn Ave., Auburn, WA 98002 (206) 296-8400		Kent Teen Clinic 613 W. Gowe, Kent, WA 98032	(206) 296-7450	
	Columbia Public Health Center (206) 296-4650 4400-37th Ave. So., Seattle, WA 98118		North Public Health Center 10501 Meridian Ave. North, Seattle, V	(206) 296-4765 VA 98133	
	Downtown Public Health Center 2124-4th Ave., Seattle, WA 98121 (206) 296-4755		Northshore Public Health Center 10808 N.E. 145th Street, Bothell, WA	(206) 296-9787 98011	
	Eastgate Public Health Center (206) 296-4920 14350 S.E. Eastgate Way, Bellevue, WA 98007		Renton Public Health Center 3001 N.E. 4th, Renton, WA 98056	(206) 296-4700	
	Federal Way Public Health Center (206) 296-8410 33431 13th Place So., Federal Way, WA 98003		White Center Public Health Center 10821-8th Ave. S.W., Seattle, WA 98	(206) 296-4620 3146	
			Place Patient Sticker Here		